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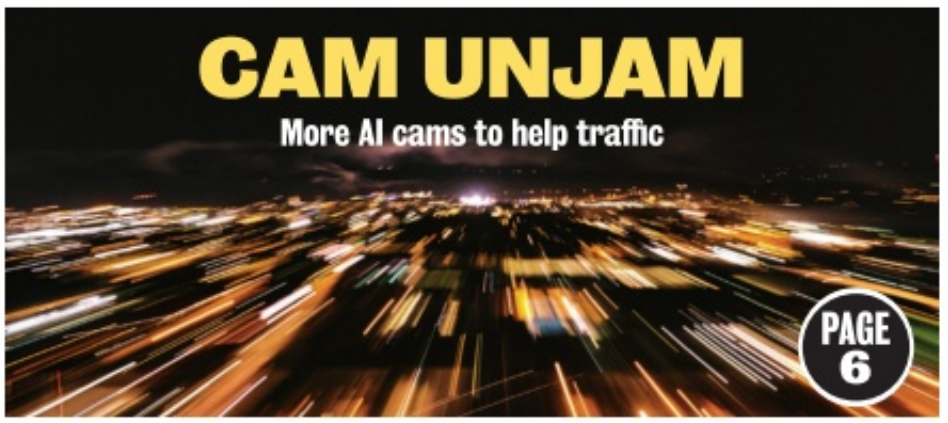
Bangalore Mirror

TEMP Max 31 | Min 16 | Humidity 36% Clear with periodic clouds Sensex 58,237 | Nifty 17,154 | Gold 57,536 | Silver 66,485 | Dollar 82.17 | Euro 88.11 | GBP 99.81



Civic body floats tender to recruit 28 canopy teams as complaints of falling trees/branches pile up at forest cell

THE GREEN GOBBLERS

Of Rs 40 crore budget allocation, Rs 11.7 cr for canopy management

| Garima Prasher
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TWEETS @BangaloreMIRROR

With urban infrastructure development in top gear, it is raining complaints at the Bruhat Bengaluru Mahanagara Palike's (BBMP) tree canopy management unit. According to information provided by the forest cell of the civic agency, the total number of complaints attended by the canopy management teams over the last couple of years has gone up considerably.

While 15 teams across all the BBMP zones received 7,472 complaints between April 2020 and March 2021, the number went up to 12,107 between April 2021 and March 2022. The civic agency increased the number of teams to 21 in this time duration.

According to Sarina Sikkaligar, deputy conservator of forests (DCF), BBMP, most of the cases of trees and dead branches falling in the city are due to weakened root systems of the avenue trees.

CONTINUED ON PAGE 8 »

"This is why we have been pushing the forest department to conduct the tree census... Scientific data will help the authorities with a better understanding of maintenance –Vijay Nishant, founder, Project Vruksha

Fuel Thief

'Youngsters do it for fun or when unable to purchase fuel for their motorbikes'

| Ahna Prakash
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TWEETS @BangaloreMIRROR

Recently, several residents approached the city police with complaints that fuel was being stolen from their vehicles at night. According to the residents, this is occurring because people park vehicles outside their homes at night due to a lack of parking spaces.

A resident of Banashankari Layout noticed recently that his vehicle's fuel tank was emptying uncharacteristically.

"When I parked my vehicle in front of my house, I noticed that the amount of petrol decreases in a day or two, which is very unusual. I got petrol for Rs 500 for my vehicle and within 2-3 days I could feel that the petrol had reduced even though I didn't drive around much. I live near a lake; youngsters come to the area and consume alcohol; at night they would steal petrol to light fires. Later, they just started stealing petrol for fun," said Balaji Ragotham.

He added that there is no CCTV camera near his house to monitor such thefts.

"There are no safe parking places near my house so I have to park outside my house. So, it's easy for miscreants to take advantage. If BBMP or police can put CCTV cameras all around, such incidents can be prevented," he added.

Another resident said lack of safe parking space is adding to the problem and that before renting a place people should make sure that there is a parking space available.

"If people are given safe parking places

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Vessels and more

To create an awareness of the beauty, skill, advantages and medicinal benefits etc of the traditional hand-crafted vessels and to ensure the continuity of the various crafts involved and the well-being of its practitioners, the Crafts Council of Karnataka is hosting an Exhibition "Paatre" (vessels) of old traditional vessels as well as ritual articles, and also sale of handcrafted vessels and utensils. To educate and create greater awareness and interest, the show will also have workshops, talks by experts, and demonstrations by the crafts people using their crafts.

Where: Karnataka Chitrakala Parishath, Kumara Krupa Road
When: March 17 - 19, 10:30am - 8pm
Info: 080 23347299

02 Epic tales

Few stories in the world are as intriguing as the Mahabharata, with its numerous plots and subplots and characters having strengths and flaws in equal measure. 'Stories from the Mahabharata' is an endeavour by Aparna Jaishankar to recreate an interest in this epic.

Where: Lahe Lahe
When: March 18, 5-6 pm
Tickets: 9886294444

03 For grandmothers

Karadi Tales, in association with Atta Galatta, is hosting a book launch party. Meet humour columnist and Karadi's newest author Indu Balachandran and celebrated illustrator and comic book artist Priya Kuriyan for an evening of wild stories, unbridled mirth, and lip-smacking food. This party is for all the paatis, ammammas, nanis, thakumas, ajjis who enjoy cooking up stories, for all the children who love their grandmothers, and for anybody seeking a great time.

Where: Atta Galatta
When: March 17, 6pm

Confusion reigns over cancelled boards for kids

Boards for Classes 5, 8 postponed indefinitely; students on tenterhooks

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Like many others, Vikramaditya S, an eighth-grade student of a state syllabus school, was supposed to write his boards from Monday. But when the High Court quashed the board exams for fifth and eighth grades and said that they could be held from next academic year, Vikramaditya's plans were thrown into disarray.

After the High Court's announcement, the State Government's Education Department issued a circular stating that the exams have been postponed without giving any clarity as to when these exams will be scheduled.

Now, Vikramaditya is worried that he has to attend a family function scheduled for April 2 and there is a chance the fresh exam dates might be scheduled for that period. Thousands of students who were gearing up to their first board exams for grades five and eight have no clue about their exam dates. As per the earlier schedule (which has been scrapped now), the grade five exams were to be held between March 15 to 18 and eighth grade exams from March 13 to 18.

Jaivik, a Grade five student, had booked his ticket to fly to Srinagar on March 21. "My tickets have been booked well in advance considering dynamic pricing of air tickets. However, now my family is in two minds whether to cancel the flight tickets or not. If we cancel the flight tickets, we may have to shell out more money to buy fresh tickets. The exam dates are pre-fixed and I hope the government does not change it at the last minute," he told Mirror.

> **"If the exams for Classes 5 and 8 are held later, there is a chance they might clash with the SSLC exam dates**
> –Suresh R, a school teacher

The move affects teachers and other stakeholders too. Narayanappa R, a school teacher said that the court has already stated that no public exam should be held this year and instead exams could be conducted at school-level.

Suresh R, another school teacher said, "The SSLC exams are to begin from March 31 and hence we were earlier planning to wrap up the grade five and eight board exams before preparing for the 10th exams. However, now if the exams of fifth and eighth are deferred, then it may clash with the preparations for the SSLC exams."

Educationist VP Niranjan Aradhya said the government's decision was a violation of RTE and was an undue pressure on students. "There is a need to provide a clarification on the exam status instead of creating more confusion," he said.

The education department officials have clarified that the exams will be held for grade five and eight this year. However, whether it will be a board or school-level exams will be decided shortly. A senior education department official said, "We had to defer the exams following a High Court order issued earlier. Now, we have filed an appeal against the order and the case is likely to come up before the Division bench in a day or two. We are planning to issue fresh guidelines based on the court's directive."

Be a sport and get your eyes checked!

Iffath Fathima
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On the occasion of World Glaucoma Week (March 12-18), ophthalmologists in the city revealed that there has been a trend of youngsters being more prone to this eye disease and more awareness was needed among the public.

Ophthalmologists said that this was particularly seen in young people playing sports.

Glaucoma is a group of eye diseases that damage the optic nerve, which is responsible for transmitting visual information from the eye to the brain. This damage is typically caused by elevated intraocular pressure (IOP) within the eye, which can occur when the fluid that circulates within the eye cannot drain properly.

Dr Meena Menon, Consultant, Glaucoma Services, Sankara Eye Hospital, said, "Glaucoma can affect people of any age group even though most common type called primary open angle or angle closure occur in older age. The risk increases with increasing age."

In one of the cases, Rohith (name changed) a native of Kolar and a class 10 student, was playing tug-of-war in school. The rope gave away and it hit his eyes. The family brought him to Sankara Eye Hospital with complaint of severe pain in the eye and decreased vision. He was later diagnosed with retinal issue on the right eye and left eye was badly impacted by the accident with uncontrolled glaucoma, cataract and a tear in the IRIS that disrupted his vision for colours. The doctors had to quickly perform multiple surgeries to remove cataract, fix the torn IRIS and rectify the glaucoma. The accident happened just before his exams.

It is important to get regular eye check-ups, say experts

In another case, 30-year-old techie approached acute shuttlecock eye injury. Basic treatment was undertaken and the doctor educated him on the importance of doing regular following-ups. He developed secondary glaucoma six months into the injury and immediate medications were started to keep the ocular pressure under control. Trabeculectomy surgery saved his right eye from permanent blindness.

The health professionals say that it is important to stay cautious during playing sports and go for regular eye check-ups for early detection and treatment, especially if it is genetic.

Dr Meena added, "Wear protective eyewear particularly while engaged in sports activities or while doing any outdoor work.

No need of clothes, food: Student ditches 'excess baggage' at airport

Unable to pay for excess baggage, a student left his clothes and food at the Bengaluru International Airport, sources said on Monday.

The 23-year-old student, Karthik Suraj Patil from Belagavi has lodged an online complaint with the AirAsia office in this regard. He had booked a flight from Bengaluru to Kuala Lumpur in Malaysia and checked into the airport on March 5.

He had carried 20kg luggage as AirAsia's official website showed Rs 500 extra for every kilogram of luggage above 15 kg. But, Patil stated that the officials at AirAsia asked him to pay Rs 2,000 per extra kilogram.

When Patil tried to inquire about the website, the staff answered that it is yet to be updated. Since the extra money of Rs 10,000 was exorbitant, he abandoned clothes and food to make the baggage weigh 15 kg.

Patil had completed Chemical Engineering from Visvesvaraya Technological University (VTU) and got a scholarship from a University in Perak in Malaysia.

AirAsia staff claimed that the student referred to the website for domestic flights and the company runs a different portal for international operations and maintained that the action taken by the staff was correct. **IANS**

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CRIME FILES

My wife sleeps way too much: Man goes to cops

In a strange incident a husband has accused his wife of harassment by saying that she sleeps a lot. A complaint was filed by the husband Kamran Khan at the police station and an FIR was registered against the wife, Ayesha Farhin. In addition, Kamran filed a complaint against father-in-law Arifulla, and mother-in-law Heena Kausar at Basavanagudi police station.

"If she sleeps at night, she sleeps till 12:30 pm. If she sleeps at 5:30 pm, she wakes up at 9:30 pm. She doesn't do any work and my mother has to cook and clean," said the complainant to the police.

It is alleged that she has been doing the same for the last five years.

Fake cops steal gold

A gang of men posing as policemen made off with gold from traders, near Anand Rao Circle. The traders reported a loss of 2 kg and 200 gram gold worth Rs 1 crore. The victims have been identified as Abdul Razak and Mallaiah.

According to the sources, two people stopped the victims who were going to the toilet and showed fake ID cards as policemen, took the gold and went to a dark crowded place. From there, the culprits stole the bags and fled. A case has been registered in the Upparpet police station regarding the robbery and the police are searching for the accused.

112 stolen phones back to their owners

Police have seized 112 lost mobile phones worth Rs 18 lakh. The police tweeted from its official handle on Twitter that phones were traced and restored to the owners using CEIR and E-lost portal.

According to the police, the phones were being used in different districts and states.

With the use of the CEIR portal, a person can block lost and stolen mobile phones in three steps.

"This will further facilitate us to track and retrieve the device," said the police.

Air hostess death: Techie boyfriend arrested

Three days after the death of an airhostess who fell from the fourth floor balcony of an apartment building, the police have arrested her boyfriend and registered a murder case against him.

The investigation into her death in Bengaluru has revealed foul play, the police said on Monday.

The incident of the air hostess, who flew to Bengaluru to meet her boyfriend and then jumped to her death from the apartment in suspicious circumstances was reported on March 11.

According to the police, they are suspecting it to be a case of murder. Though it seemed a suicide at the outset, there is enough reason to believe that it is a murder, said police sources. Her friend Adesh was in the flat when the incident took place and he had informed the police.

But no information is available about what happened between them on that night. The police are checking CCTV footage.

The incident had taken place in the premises of Renuka Residency in Koramangala locality on Friday midnight.

The 28-year-old Archana was from Himachal Pradesh. She had allegedly jumped from the fourth floor of the apartment.

Preliminary investigations have revealed that she worked for a reputed airline. She came down from Dubai to meet her friend Adesh, a software professional.

Adesh hailed from Kerala and was working in Bengaluru. The police state that both were in love for many years. Archana's body has been shifted to Saint John's hospital.

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Don't pass over this park

Dr Rajkumar Park has no proper lights, benches, and pathways; no help is being provided by BBMP, claims association; residents and visitors demand proper maintenance

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Dr Rajkumar Park in Vijayanagar, opposite to GT World Mall, is in dire need of immediate attention. There are lights that have remained defunct for the last few years, most of the concrete benches are unfit to use, and the pathways in the park are not senior citizen friendly.

The residents and people who visit the park complain that no development works were taken up in the park for the last five years.

"There was an announcement to perform a pooja at the park to commence the development works last December. However, till date nothing has been done," said Ramappa S, a resident of the area.

A huge banner still exists in the park stating that development will begin on December 25, 2022. Reportedly, a pooja was held to mark the commencement of development by the local MLA M Krishnappa.

"Nothing has been done till date except removing three or four stones in front of Dr Rajkumar's bust. We want the authorities to ensure proper lighting and levelled pathways for the benefit of senior citizens," said Krishna N, another resident.

V Somanna while representing Binnypet Assembly constituency inaugurated the lighting facility in the park on November 23, 2006.

"None of the lights are functioning now. It will be good to have a proper lighting facility in the park," informed a visitor.

It is found that concrete is filled around a tree behind Dr Rajkumar's bust without leaving the required space around the tree for the percolation of rainwater. Karunadu Samskrithika Kala Sangha has been maintaining the park.

Concrete is filled around a tree behind Dr Rajkumar's bust, leaving no space for percolation of water. Benches are unfit for use

"Nothing has been done till date except removing three or four stones in front of Dr Rajkumar's bust. We want the authorities to ensure proper lighting

–Krishna N, a resident

R Krishna, president, Karunadu Samskrithika Kala Sangha told Bangalore Mirror that there is no help provided from the Bruhat Bengaluru Mahanagara Palike (BBMP) Horticulture Department.

"We have been spending money to put up grills around the park. I do not want to comment on politicians. It was said that development of the park would begin in December, 2022, but no development took place till date even after three months," he explained.

Dumping waste: Enough is enough

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The residents of Pattandur Agrahara are upset over the garbage being dumped right opposite a religious building every day. They say that the incident has been happening for quite a long time and is more prevalent during the evening hours.

According to them, the garbage makes the entire place dirty and unhygienic.

Harsh Mittal, a resident of the area, said, "People openly throw garbage in this area without any fear or regrets. They are making the entire place very dirty and it is causing a lot of inconvenience to all the people out there. This has been happening for a very long time now and there must be some action taken to stop this kind of behaviour."

Other residents fear that the garbage will attract various insects and rodents. They added that this might spread diseases among people.

"The garbage is not only making the place look filthy, but it is also attracting flies. If the garbage is not cleaned soon, it will soon attract various insects and rodents. That will result in the spread of diseases and problems within the community. This area should be cleaned as soon as possible," another resident informed anonymously.

Garbage is being dumped right opposite a religious building on daily basis

The area in Pattandur Agrahara has turned into a dump site. Residents fear that the garbage will further attract various insects and rodents, which would result in the spread of diseases

Furthermore, the residents explained that because of the garbage, a lot of people think that this is a place to dispose of their waste.

Amit Srivastav, another resident, said, "Because of the garbage, people think that this place is meant for dumping waste. While passing by this stretch several times, I have seen people often throw plastic wrappers or bottles in this area. It was cleaned once, however, within hours after cleaning the place, it was again filled with garbage."

Many residents mentioned that government intervention is the need of the hour.

Anjana K, another resident, told Bangalore Mirror that it is important for people to take responsibility.

"People should not just throw garbage on the road. They should use the waste bins for disposal and if they see anyone littering the main road then they should stop it from happening," she said.

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Wrongly parked
Vasanth Nagar

This car has been parked here for the last 2 years near 4th Cross in Vasanth Nagar.

Ruining looks
Cooke Town

People are defacing Cooke Town with their banners. Something must be done about it.

Ashy scenes
Sanjay Nagar

Yesterday, leaves were burnt in the veterinary college compound at KEB Layout, Sanjay Nagar. Our area was full of ashes, including our house.

League of elderly gentlemen to bring the bus closer

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TWEETS @BangaloreMIRROR

Frustrated by the lack of connectivity and availability of good roads in the locality, a group of senior citizens from JP Nagar started a campaign to bring BMTC bus routes closer to their homes.

So far, they have managed to go around and get close to 150 signatures from other commuters and residents who support the campaign.

Krishna Raj is a 75-year-old resident of Nandi Garden apartments in JP Nagar. "We want us senior citizens to avoid driving and taking a private vehicle wherever we go. That is why we approached the BMTC office and asked them to provide the bus route from Jambusavari Dinne to Banashankari through Konanakunte Cross," he tells Bangalore Mirror.

The residents approached the BMTC office on Thursday. On Monday, the BMTC Divisional Traffic Officer (South Division) surveyed the area following the request from the residents.

"Currently, we either take our personal vehicles even for short distances of 2-3 km or we are left at the mercy of cabs. For cabs, we have to wait for more than 40 minutes for booking after which too often, the ride gets cancelled. That is why we have started to keep contact details of local auto drivers... However, if I have to go to Hebbal, it costs around Rs. 480 to Rs. 500 by auto," he added.

For the residents of this apartment complex, the nearest bus stand is around 2 km away while the nearest metro station is 3 km away.

"An additional bus service that is frequent would be helpful to working professionals also. There are a number of apartments here and many people want the bus route as there is a lack of connectivity," said Bhaskar Rao, 78, another resident from Nandi Gardens.

Senior citizens in JP Nagar start campaign to urge BMTC to start buses closer to their area; officials survey the scene

Most bus users have to walk or take an auto to the bus stop.

"In this area, the roads are also in a bad condition so it poses an additional problem. Currently, we are dependent on cab services. If there are frequent bus services till Banashankari, we can get buses to any part of the city from there and metro trains too," explained Suresh, a 64-year-old resident from JP Nagar.

Mahesh, BMTC Divisional Traffic Officer (South), told Bangalore Mirror that his team surveyed the area on Monday and will soon release a report about the same.

PIC FOR ILLUSTRATIVE PURPOSE

When on two-wheel rides, three is a crowd indeed!

Over 18,000 cases of triple riding booked in city over 2 months; citizens stress on need for public transport

Melvin Mathew
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TWEETS @BangaloreMIRROR

In the past two months this year, Bangalore Traffic Police recorded 18,246 cases of triple riding, posing a grave concern for motorists' safety.

In January 2023, BTP recorded 13,292 cases of triple riding.

The statistics are grim for previous years too. From 2022, there has been a 73.55 per cent increase in cases of triple riding. In 2020, 93,966 cases were registered, followed by 1,12,773 cases in 2021 and 1,63,082 cases in 2022. Between 2021-2022, there was a 44.61 per cent increase in such cases.

Police officials say that largely, these triple riders are youngsters. There was a rise in cases because there was better detection of such cases. Special Commissioner of Traffic, MA Saleem told Bangalore Mirror, "We are observing a rise in cases due to easy detection through cameras. Earlier, cases were booked manually with the help of traffic officials but cases are now being detected more accurately with cameras. Cameras can also detect violations at night as well even without the presence of traffic officials."

According to Section 128 of the Motor Vehicles Act 1998, "No driver of a two-wheeled motorcycle shall carry more than one person in addition to himself on the motorcycle and no such person shall be carried otherwise than sitting on a proper seat securely fixed to the motorcycle behind the driver's seat with appropriate safety measures."

PIC FOR ILLUSTRATIVE PURPOSE

Most triple-riding cases also involve another violation -- riding without helmets

Need public transport

Citizens, however, feel that cases are on the rise due to the lack of public transport. "Most triple-riding cases involve helmet-less riding. Some people just commit violations out of apathy for traffic rules but some choose this option due to the lack of adequate public transport. Due to poor public transport, people tend to risk their lives by overloading their vehicles with triple riding. However, in such cases, the child should be equipped with required gear while travelling," said Rajkumar Dugar, a mobility expert and activist.

Raghavendra Poojari of Karnataka State Motorists Association told BM that two-wheelers are only meant for carrying two people and the additional weight proves a risk to motorists. Additional weight causes more pressure on the tire, chassis, suspension, and brakes of the vehicle and affects the driving of the rider. To curb the practice, there is a need to create awareness of the impact of such violations on the rider and the vehicle. Fines of such violations need to be increased and vehicles should be seized for repeated violations, he said.

Poojari said that the lack of public transport system is leading to violations, especially among youngsters.

Saleem added that largely such violations are committed by youngsters. "Youngsters between the age group of 18-30 years are committing the violations. In January and February, 18,246 cases were detected."

In cases of triple riding with a child, Saleem added that it was not considered an offence. If a couple is travelling with a child, it is not considered a violation. However, the child should be wearing a child-size helmet worn until 12 years and after that, he/she should wear a full-size helmet. In cases of AI cameras detecting such violations, scrutiny is performed on the violations before uploading them onto the server. False and such cases are deleted during the process, he added.

> **"To curb the practice, there is a need to create awareness of the impact of such violations on the rider**
>
> –R Poojari, motorists' forum

IN BRIEF

Poll dance: Who is with whom?

The Congress in Karnataka on Monday inducted a businessman, who is alleged to be one of those who played a key role in 'Operation Kamala', which led to the collapse of Congress-JD(S) coalition government in 2019.

"Operation Kamala" (Operation Lotus), coined by opposition parties, refers to an alleged attempt of the BJP to engineer defection of opposition legislators to install its own government and to ensure its stability. Uday KM, also known as 'Kadalur Uday Gowda, was welcomed into the party fold in the presence of state Congress President D K Shivakumar. "Uday is being inducted into the Congress and he has promised to work for strengthening the party in Mandya. He is joining the party without any conditions. His joining has been approved by all local leaders," Shivakumar said. On a question about Uday, he said: "... he might have done things while in the opposite party....A Manju, Srinivas Gowda, Gubbi Vasu, Shivalinge Gowda, Madhu Bangarappa (all MLAs/former MLAs)- have come back to Congress. It's politics, there will be compulsions." **PTI**

Somanna will stay with us: CM

Rejecting speculation that Housing Minister V Somanna might quit the BJP ahead of the Assembly polls in the state, Karnataka Chief Minister Basavaraj Bommai on Monday said he is with the party and will remain with it.

Speculation has been rife for some time now that Somanna, who is said to be unhappy and was considering leaving the BJP and joining the Congress, the party he had quit in 2009. "We are old friends, we are constantly having discussions....he is with us and will remain with us, there is no need for any speculation," Bommai told reporters here in response to a question about his meeting Somanna.

The non-inclusion of Somanna, a senior Minister in the BJP's election campaign committee and the election management committee, had added to the talk that he may quit the party. **PTI**

ALL SEEING AI

Traffic signals to have more AI cameras to regulate vehicle movement drawing on congestion patterns

| Sridhar.Vivan
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TWEETS @sridharVMIRROR

Bengaluru's increasing number of cars call for smarter solutions

Bengaluru is all set to have AI cameras in 163 junctions in the next six months. Once installed, it will drastically help reduce the waiting time at signals reducing traffic congestion. As of now these cameras have been installed at 34 junctions on a pilot basis.

Adaptive traffic signal is a system where signal timings will be based on the real-time traffic demand. The traffic police plan to increase the number of traffic signals in Bengaluru from 363 to 500 to implement an Adaptive Traffic Controlling System in three phases in the next three years.

Joint Commissioner of Police (Traffic) MN Anucheth said that the adaptive traffic controlling system and AI-based contactless interventions will be the future of traffic management. At an interactive session on Road Safety in the city that was held by Bangalore Chamber of Industry and Commerce (BCIC), Anucheth said, "The department has set up an intelligent traffic management system in Bengaluru with violation detection cameras and Automatic Number Plate Recognition (ANPR) cameras. This will enable the traffic police to concentrate more on regulation and traffic management to ensure smoother flow of traffic rather than enforcement."

Synced at JC Road

Bengaluru traffic police are now busy synchronising traffic signals and vehicle users say that it will help reduce the waiting time. Special Commissioner (Traffic) MA Saleem said, "Currently, the traffic gets hindered at many junctions as motorists get stuck at consecutive signals. Currently, we have implemented this at JC Road."

According to a senior police officer, the synchronisation of traffic signals was done after a successful pilot project taken up at Kathriguppe junction earlier. The signal lights were synchronised with the traffic flow pattern.

Police have also tied up with Google for data sharing. Based on this, we will scientifically study various traffic junctions and fix the signal time which will be dynamic in nature. Google has already done study of traffic junctions at KR Circle, Hudson circle, Minerva circle, Town Hall circle, Devanga junction. We are planning to synchronise 214 traffic signals. These signals will be fitted with high density cameras along with sensors. This will ensure that if a traffic signal turns green, then the subsequent signals on that route will turn green so that the motorist will have a freeway instead of getting stuck at every signal en route," added Saleem.

> **Adaptive traffic signals are based on the real-time traffic demand and can help solve congestions**

Bikers are the most affected in these cases. Mahadev R, a regular biker said, "We find a lot of traffic signals in the CBD area for shorter distances. I used to always wonder why we can't have the technology to ensure synchronisation."

However, a traffic police officer says that though they are doing their best efforts to provide synchronisation, a lot depends on emergency traffic as well. "If we have an emergency vehicle like an ambulance or a fire engine approaching, we need to provide the right of way to such vehicles on priority. This means, we need to take manual control of the traffic signal," said an officer.

According to Anucheth, technology interventions -- as opposed to increased enforcement and traffic fines -- are far more effective in managing traffic. The city has 1.07 crore vehicles on road which is the second largest for any city in India and the current vehicle to population ratio is 1:1.3. "Ideally, we need less vehicles with respect to people on the road, and this can only come about with increased use of public transport," he added.

Another tender to fix pothole fiasco

Palike floats new tender for supplying bituminous mixes and repairing roads

| Melvin Mathew
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TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike has floated a new tender for filling potholes in the different parts of Bengaluru. Previously, Palike had announced that Bengaluru will be made pothole-free by January 2023.

Potholes are a never-ending problem in Bengaluru and there seems to be no final fix to the problem. BBMP officials have repeatedly highlighted that the potholes can only be addressed with regular maintenance. But now, Palike's contract with private entities for running hot mix plants supplying bituminous mixes for the task of pothole-filling is also failing.

As a result, the Traffic Engineering Cell (TEC) wing of BBMP has called a new tender for multiple spots in Bengaluru. The tender has been called for supplying of various bituminous mixes for repair of potholes and resurfacing of bad reaches from established hot mix plant of minimum 50/80 TPH capacity (in fully working condition) including manufacturing, supplying and laying including the cost of all materials, machineries, labours, consumables etc complete for two years with operation and maintenance of plant and equipment. The plant should be located within 20 km from assembly constituencies.

A BBMP official told BM, "The contractor responsible for supplying bituminous mixes has expressed disinterest in continuing with the contract. We have floated the tender for three different constituencies—Dasarahalli, Yelahanka and RR Nagar. The bituminous mixes are supplied by contractors having hot mix plants and will also be filling potholes."

Palike owns one hot mix plant and the other four hot mix plants catering to two zones each. However, in the Mahadevapura area, they established a single hot mix plant due to the size of the zone.

During the span of three years, nearly 23,000-25,000 potholes were filled by Palike.

For a better future in dairy science

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TWEETS @BangaloreMIRROR

Students of Dairy Science College have been protesting for the creation of a Dairy Extension Officer (DEO) post for over four days.

The students started an indefinite sit-in protest on Friday requesting the state government to provide the departmental position in the Department of Animal Husbandry & Veterinary Services (AHVS) as there are no government positions available for the graduates of dairy sciences in Karnataka.

"Dairy technology is a four-year course and there are two colleges in Karnataka, one in Bengaluru and the other one in Kalaburagi. There are no government positions available for the graduates -- the position of Dairy Extension Officer ensures quality milk production in rural areas and is related to dairy farming," Sanjay Kumar, a student of Dairy Technology from Bengaluru.

One of the major complaints of the students is that every other agricultural sector like agriculture, veterinary, fisheries, horticulture, forestry, etc has government positions available for their students.

> **Students said that they will continue to protest in the coming days and they will not sit for exams**

"Even though India is a leading dairy producer, we do not export dairy products to other countries as much. That is why there is a requirement of Dairy Extension Officer in Karnataka. We have been pushing for over two years to get the position of DEO in state ministry but it was recently turned down by the financial department," he further added.

Almost 200-250 students from Dairy Science College, Karnataka Veterinary, Animal and Fisheries Sciences University (KVAFSU) have been protesting for four days, however, have not received any response from the authorities so far.

"The post is available in other states like Meghalaya, Maharashtra, Uttar Pradesh, Kerala, Gujarat, Rajasthan, and other states. In Karnataka, even though Karnataka Milk Federation (KMF) is the second largest milk co-operative in India after Amul, but there are no jobs," said a student from the college.

The roles of DEO in any state are focused on the holistic development of the dairy sector in the state.

The students added that they will protest for the coming days and have cancelled their college examinations also.

How serious is Covid spike in India?

Experts break down where we stand as far as covid is concerned and explain matters in the light of rise in cases

In an ominous coincidence, India has seen a sudden uptick in Covid-19 numbers around the third anniversary of the pandemic. On March 11, 2020, the World Health Organisation had declared Covid-19 a global pandemic. Though it is a small spike, it has caught the attention of the government as well as the experts, for small spikes can in no time blow into large outbreaks.

How serious is the recent spike in Covid-18 numbers in India?

India has reported 524 new Covid-19 cases in 24 hours after 113 days, shows the Union health ministry data updated on Sunday. The spike is more prominent in Kerala, Maharashtra, Gujarat and Karnataka. The country had reported a single-day spike of over 500 in November last year. The active caseload in the country has risen to 3,618.

The Centre has taken note of the spike. In a letter to states and UTs, Union health secretary Rajesh Bhushan requested taking a stock of hospital preparedness, such as availability of drugs and medical oxygen and vaccination coverage against Covid-19. "While the Covid-19 trajectory has decreased substantially in the last few months, the gradual rise in Covid-19 test positivity rate in some states is a concerning issue that needs to be promptly addressed," Bhushan wrote.

Moral of the story: Do not forget to wear a mask when stepping out

Should you worry?

With the pandemic still killing 900 to 1,000 people a day worldwide, the stealthy virus behind Covid-19 hasn't lost its punch, AP reports. "Whatever the virus is doing today, it's still working on finding another winning path," said Dr. Eric Topol, head of Scripps Research Translational Institute in California.

Many think the recent spike could be the result of the waning immunity a huge number of people gained from vaccines. Padma Shri Dr Randeep Guleria doesn't think covid-19 will ever go away. "We keep seeing new cases. The virus will keep mutating. Booster jab is a must. Whether to take it once in a year or five years, it is difficult to say. There is a debate whether another booster after the third jab is required or not."

Another view is that increased testing for H3N2, a new subtype of influenza, has thrown up Covid-19 cases too. Covid-19 was always there in more or less numbers but the recent spike is due to increased testing. "With the rise in overall flu cases, the testing and eventual identification of Covid has increased. However, cases and hospitalizations are very low compared to population size, and so far there are no indicators of a sustained wave," an expert told TOI.

The seven-day average of daily cases in India has doubled in the last 11 days, going from 193 on February 28 to 382 on March 11, says a TOI report. At the beginning of the month, the doubling rate was close to 16, indicating that cases have risen at a faster pace in recent days. The weekly death toll has remained under 10 for some time now. India reported six fatalities each in the last two seven-day periods.

Dr. Stuart Campbell Ray, an infectious disease expert at Johns Hopkins, told news agency AP that the current omicron variants have about 100 genetic differences from the original coronavirus strain. That means about 1% of the virus' genome is different from its starting point. Many of those changes have made it more contagious, but the worst is likely over because of population immunity.

"We're not likely to go back to where we were because there's so much of the virus that our immune systems can recognize," Ray said. Our immunity should protect us "from the worst of what we saw before."

Do new variants need new vaccines?

The recent spike in Covid-19 might indicate that old vaccines could be less effective against new variants. Dr Randeep Guleria said that bivalent vaccines will give better protection from new variants.

The bivalent covid vaccines include a component of the original virus strain to provide broad protection against covid and a component of the omicron variant to provide better protection against covid caused by the omicron variant.

—ET Online

Take precautions against H3N2

Even as India is seeing a spurt in Influenza cases, caused by H3N2 virus, health experts on Monday have suggested people to take precautionary measures such as use of masks, better hand hygiene, as well as an annual flu shot.

A total of 3,038 lab-confirmed cases of various subtypes of influenza including H3N2 have been reported till March 9 by the states.

"In my opinion, for the time being the government can again make masks mandatory at least in highly vulnerable zones like public transports, hospitals, airports, railway stations and other public conveyances. People should avoid visiting crowded places," Dr. Sunil Sekri Max hospital, Gurugram, told IANS.

Avoiding crowds is a good idea

The respiratory virus "spreads through droplets, which means that the secretions can spread from person to person, and most people touch their nose and mouth at some point, or that secretions can remain on the fingers and when they shake hands with people, it can likely spread," said Dr Rajeev Jayadevan, of the Indian Medical Association's covid-19 Task Force, making a case for the need of masks particularly in crowded indoor gatherings. The experts also suggested people to wash their hands before eating or utilising any public transit with soap or sanitiser to minimise the risk of infection.

Another thing is flu shots, that need to be taken annually. -IANS

Personal finance pitfalls young mothers face

Everything did not work out to plan, she began. This reader has a two-year-old baby for whom she decided to take a career break. She now wants to return to work, but finds herself staring at recessionary trends that have shrunk jobs across sectors. How does one protect from economic cycles, she asks. Personal finance columns such as this one that steer clear of numbers and try to paint conceptual pictures invite a persistent criticism that they lack in action points. In reality, the learning path of each person evolves based on the problems they have solved to their satisfaction and the experiences they have gathered while doing so. Personal finance solutions might have generalised an issue somewhat, and with reason!

If one takes a simple task list perspective of my reader's problem, one would ask if her career break plan considered this risk of recession. The clinical view is that she must estimate her expenses for the period she would be without work. Then she must build a corpus that funds that period, from her earnings. And she must invest it such that it generates the income she needs while she stays away from work.

Why would this be difficult to implement? There are at least three reasons why. First, a young earner typically cannot fit all the expenses into their income, given their need for incurring large ticket expenses in the early years.

Second, there is not enough time to build a large corpus and use it as a buffer. One cannot realistically earn for 10 years, and create a buffer for 5 years, with the savings of that period. Third, though they may be willing to risk the corpus with growth investments like equity, they may be unable to do so given a shorter investing horizon.

Unless they get lucky, they might have to settle for a bond-like rate of growth in the corpus. The possibility that the period for which they plan to be out of work gets extended longer than planned, is a risk that won't be covered by these real life constraints.

In reality, many young earners have focussed on building an emergency fund or a saving stash that would see them through a period of being between jobs.

They are at best able to extend that a bit while planning a break for the child.

Therefore, what they have is not a corpus, but a saved surplus. Then they also run the risk of underestimating the increased expenses after the child is born.

Young mothers left their children in day care and chose to return to work after their paid maternity leave, primarily due to these reasons. But those were old times, my reader argued. Cold financial logic ordained that choice for many women of that generation, even if it weren't ideal.

We live in modern times when jobs are easily changed and young earners confidently quit and find new jobs for their given skill sets. What hasn't changed is that child bearing sets the woman back a few steps. Without support that helps manage the child, it continues to remain tough to return to work.

As with almost any personal finance problem the stability of flow in income draws from the adequacy of the stock of wealth.

The funding of a career break is not just the math of how many months of unemployment the accumulated savings can fund. One does not forecast economic cycles, nor does one hone the skills to predict when a downturn ends. These exercises are hugely romanticised but unpredictably wrong in their outcomes. No one can see the future clearly.

The resilience to a downturn in an economic cycle is what one focuses on: Are there incomes that substitute hers for an extended period? Are their stores of wealth that can be accessed if reemployment gets delayed? These are more important than the math of adequate corpus for a fixed number of years in break.

First, the household should be able to manage with the single income until she can go back to work. Many manage with a controlled spending of the single income until the new mother can return to work.

Second, the household should have some stores of wealth that can be accessed in a situation like an economic downturn. Locking wealth up in the ownership of property has hurt many young households immensely.

A potential source of huge wealth only timed wrongly given her current situation. Every stock of wealth is valuable in a downturn, because jobs and income won't materialise in a recession. One must access them with the hope of building back when the economy turns again.

My reader told me she is hesitant to ask her parents and it makes her feel squeamish about sounding entitled. If it is yours to utilise and benefit from, why not access it when you need it the most, I asked. We hit that cultural block. She felt most hesitant to ask. But promised to give it a thought.

Most times personal finance problems simplify themselves into issues of income, wealth and the timeline. We suffer because we don't see them like that.

(By Uma Shashikant, The author is CHAIRPERSON, CENTRE FOR INVESTMENT EDUCATION AND LEARNING.) This article was originally published in Economic Times

Fiddler's green: Expansion of canopy squad

CONTINUED FROM PAGE 1

"With the increase in development activities such as road widening, flyover construction, metro track extension, and so on, we are coming across many cases of avenue trees sustaining root damage.

There is a lack of awareness about tree physiology among engineers. Although we have instructed them to consult the forest cell before taking up these activities on the ground, they reach out to us only after a tree has fallen," said Sikkaligar.

Now, the BBMP has decided to expand the teams further and has floated a tender for the recruitment of 28 canopy management teams at a total cost of Rs 11.7 crore.

"We have decided to increase the number of teams due to the surge in the number of complaints. The number of incidents of dead and decayed tree branches falling has gone up. Moreover, with the increase in vehicular traffic in the city, it is getting increasingly difficult for the workers to reach the spots in time. More teams will ensure that we address the issue as soon as possible," said Sikkalingar.

Experts are of the view that while canopy management teams are required in a city like Bengaluru, the work is not being carried out efficiently.

"The problem is, we do not see these teams in action. They surface when there is a hue and cry. The requirement of 28 teams may be genuine, but the teams are not effectively working.

The authorities should appoint a representative at the ward level to coordinate between residents and canopy management teams. Moreover, details of these activities should be available in the public domain," said Akshay Heblikar, founder of Eco Watch and member of Bengaluru Biodiversity Management Committee.

Experts question budget share

BBMP, in its recent budget, has earmarked Rs 40 crore for seedlings, planting of saplings, and tree pruning. The civic body recently floated a tender to recruit 28 canopy management teams at a total cost of Rs 11.7 crore. This allocation has raised a few eyebrows.

"This forms 30% of the total budget allocated for plantation activities. It appears to be high. We recently had an incident of a massive tree branch falling on a house in HAL. When BBMP is spending so much money on tree canopy management, such incidents must not happen," Dattatreya Devare, trustee, Bangalore Environment Trust, told BM.

Experts said while canopy management is essential, the budget allocation for this activity should be based on scientific data.

"This is one reason why we have been pushing the forest department to conduct the tree census. Every tree requires a different regime of maintenance; scientific data available about tree species across the city will help the authorities with a better understanding of the maintenance system," said Vijay Nishant, founder, Project Vruksha.

When asked about the budget allocation, Sikkaligar said: "We are doing everything as per the government rates. Fuel prices along with labour costs have gone up; we are left with no other option but to consider these factors while allocating budget to various activities."

Keep an eye on fuel tanks

CONTINUED FROM PAGE 1

in their area, they won't park their vehicles on the road. Incidents of fuel theft are increasing because the number of vehicles is increasing and people have no place to keep these vehicles; so they end up parking on the road. In areas like Kamakshipalya, people steal petrol at night; there have been cases of people throwing stones at vehicles too," said Ajay Kumar. According to the police, mostly youngsters between the age of 18 and 25 are involved in these incidents.

"We have not noticed any organised network of criminals involved in fuel theft; these are mostly young people doing it for fun or unable to purchase petrol for their bikes so they have started stealing. We have noticed such incidents in KR Puram, Ashok Nagar, Vivek Nagar and Jananabharthi. We have night time patrolling to curb such cases," a police source said.

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I, Rakhee Sharanappa Biradar D/o Sharanappa Biradar R/o #201, psquare Athulyam, pipe line Rd, kumaraswamy Layout, 2nd Stage,bangalore-78 have changed my name to Rakhee Biradar for all purposes

B.N.THIPPESHAPPA @ B.N.Prakash S/o Late Ningappa residing at Bangalore City District, Anekal Taluk, Attibele Hobli, Attibele Village, Sarjapura Road, Thimmarayaswamy Nilaya, Jayanna Layout, Behind Muneshwara Temple stating that my name mentioned in School Documents as B.N.Thippeshappa. mentioned in Aadhaar card as B.N.Prakash. But above mentioned names B.N.Thippeshappa and B.N.Prakash both are one person only and that belongs to me only. All the above information is correct and true. Therefore, I have sworn before Notary and Advocate T.Muniswamy, Anekal vide affidavit dt. 09.03.2023

I, Preeti Shivanand alias Preeti Halligudi alias Preeti W/o Shivananda Dundappa Chinivalar R/o No. 06, Basava Krupa, Sarjapura Road, Karmelaram, Doddakannalli, Bengaluru 560035 have changed my name Preeti Shivananda Chinivalar, affidavit Dt.13/03/2023 notary Ganesh Gowda M V, B'luru

REKHA RAMPRASAD. Adhar 7353 1799 8788 w/o T.A.Ramprasd, res At B14 No 260, Datta Prasad Appt.10th Mn, Rd. Malleshwaram, Bang-03. Declare by way Affidavit with Notary Advocate c.v.EARAPPA Reg No 7881 dated 10-03-2023. That My name in school and other Documents was REKHA RAMA PRASAD Is the name one and the same person and that is me.

I, Shivanand Dundappa Chiniwalar alias Shivanand alias Shivanand Chiniwar, S/o Dundappa Chiniwalar R/o No. 06, Basava Krupa, Sarjapura Road, Karmelaram, Doddakannalli, Bengaluru 560035 have changed my name Shivananda Dundappa Chinivalar, affidavit Dt.13/03/2023 notary Ganesh Gowda M V, B'luru

I, Insiya Najmi D/o Huzaifa Badruddin Najmi, staying @A1103 GR Regent Park Gottigere Bangalore-56. Changed my Name to Insiya Huzaifa Najmi.

I, Naresh K A s/o Anjaneyalu Thirumani Post Nagalamadike Hobali, Pavagada Talluku, R Acchamanahalli Tumkur Karnataka 572136. have changed my name to Naresha K A for all purposes

WE, V G Sundarasan & Sophia residing at No.88, 4th Cross, GR Homes, 1st Main, Meenakshi Layout, Rayasandra, Bangalore-560099 have changed our minor son's name from JOSHUA to JOSHUA JONES CYRIL S vide affidavit dated 10.03.2023 sworn before notary Aravind Patil G.G, Bengaluru.

I, Rahul Sharma Subash Sharma R/o #16, Sri sai paradise, TF-1, 1st floor, 3rd main, Srinivasanagar, Bsk 3rd stage, Bengaluru 560085 have changed my name to MANNIISH SHARMA affidavit Dt.13/03/2023 notary Ganesh Gowda M.V, B'luru

I, Shivananda D Chinivalar R/o #06, Sarjapura Road, Karmelaram, Doddakannalli, Bengaluru 560035 have changed my minor son's name from Bhuvan to Bhuvan Chinivalar, affidavit Dt.13/03/2023 notary Ganesh Gowda M V, B'luru

I, Vijayan Otturkoiam Kozhikode S/o Vishwanathan K R/o No 19, Patel Shamanna Layout, Horamavu, Bangalore-560043 Have Changed My Name to Vijayan Ottur Kalam Paul Wrong Dob : 23-07-1969, Correct Dob : 23-07-1973

I, Lave Kush S/O, Rohit Lal R/o 152 Kogilu Mn Rd. Srinivaspura yelahanka B'luru 560064 have changed my name to Lavkush for all purposes.

I, Punit Vermma,R/o # 444,1st G Cross, 3rd A main Road, Banashankari 3rd Stage, Bengaluru-560085, Have changed my minor son,name from Agastya Verma to Agasthya Verma

I, Shivashankar Deepak Babu R/o #39, 2nd Floor, 9th Main, 6th Cross Chandrappa Layout, Sharadamba Nagar Jalahalli Village have changed my name to S Deepak Babu for all purposes.

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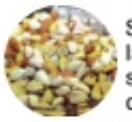
HEALTH TIP: Cereals often contain lots of added sugar, even those labelled fat free or wholegrain. Read nutritional labels carefully for sugar content



Snacks often contain large amounts of sodium, so choose unsalted nuts or popcorn

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Cravings account

Can't stop the urge to have a quick snack and then some more? Five steps to take back control

Harvard University doctor Amy Shah - who specialises in food allergies, hormones and gut health - heard the same complaints over and over from her patients. "I feel hungry all the time, even when I just ate", or, "My cravings are out of control."

Too many were white-knuckling it through yet another exercise and diet plan, only to feel depleted, frustrated and starving.

So she created this five-step, science-based plan to help them retrain their brains to beat excessive hunger and cravings.

Step 1 Replenish

The best diet is one in which we do not count calories, macronutrients or points, but simply prioritise, healthy foods that promote feelings of fullness and satisfaction.

When we do this, we zap cravings and uncontrollable hunger, we shed our diet obsession, we lose weight effortlessly (if that's our goal), and we get healthy.

My approach flies in the face of conventional diet advice which tells you to slash calories, cut carbs, and toss out certain food groups. Instead, I prescribe eating nutrient-dense foods that make you feel satisfied.

The essence of this strategy is to replenish: you fill your diet with more of what you can eat (nutrient-dense foods) and eat fewer processed foods and other less healthy choices.

This way of eating is based on consuming many delicious whole foods that can help you reduce your appetite and cravings and improve that feeling that you're replenished. Put another way, you have the freedom to choose healthy foods that promote feelings of fullness and satisfaction. Glucosinolates are good-for-you constituents of plant foods, primarily cruciferous vegetables.

Step 2 Rewire

Whether it's a cheeseburger with fries or sugar-laced cakes, any highly palatable processed food can rewire the brain's reward mechanism so we crave more and more of it in much the same way people crave drugs or alcohol.

But wait - I have a secret to share with you. Well, it's not a secret in the world of neuroscience, but it is a secret to anyone trying to deal with hunger and cravings.

We've been in the dark because no one has taught us much about the connection between food and the brain. The secret: It is entirely possible to rewire your brain so it wants (and craves) nutritious, wholesome foods.

The reason your brain can be rewired is largely related to its neuroplasticity, your brain's ability to change and adapt based on your experiences.

Neuroplasticity is at the heart of habit formation. By nature, your brain forms neuronal pathways based on what you do habitually. If possible, you eat junk food a lot, for example, your neural pathways lead you to munching on crisps while watching TV or eating dessert every night after dinner or grabbing a chocolate bar in mid-afternoon while working. Pretty soon, the bad habit becomes the unconscious default pathway, and your brain, wanting to be efficient, just takes the easiest, most familiar route. Along with all this repetitive behaviour, your brain gets so used to processed foods that you start to crave them. A lot of this habitual behaviour has to do with dopamine, a type of neurotransmitter and hormone which causes feelings of pleasure and satisfaction.

But habits are not created equally - and the ones that churn out the most dopamine are, in turn, the most habit forming. This is one big way addictions are born.

For example, smoking triggers a big hit of dopamine. It doesn't take many cigarettes to pick up the practice before you're hooked. Eating sugar also signals a dopamine burst. Compare these habits to, say, flossing your teeth, which doesn't provide any such dopamine surge.

Still, you can change your eating habits - and even balance dopamine releases - to curb your intake of sugar and junk food, and instead start habitually eating healthier foods like fruits and veggies .

As you do this more often, you will eventually override those previous pesky neural pathways with new ones, liberating you from entrenched poor eating habits.

Step 3 Reset

For managing hunger and cravings, resetting your natural circadian rhythm is paramount - and it's what Step 3 is all about.

Normally, we feel tired at night and get hungry around specific times of the day. That's because our bodies have a built-in process that governs sleep, hunger, and energy levels.

The circadian rhythm repeats roughly every 24 hours to maximise our body's own resources.

This internal clock regulates the sleep-wake cycle, manages hunger, influences brainwave activity patterns, affects cell repair, controls body temperature, impacts hormone release, and is involved in our eating habits and digestion.

One of the best ways to help reset your circadian cycle is to expose yourself to the morning sunlight within an hour of waking. This helps stimulate regular cortisol production to provide you with energy for the day.

My version of fasting is called circadian fasting. Following this method, you avoid food between the hours of 8pm to 8am, or 7pm to 7am - a 12-hour fasting period.

Once you're comfortable with, say, a 12-hour fast, you can work up to fasting 16 hours two to three times a week, from 8pm to noon the next day .

Step 4 Refresh

Sleep is a wonderful, natural appetite suppressant. Log in your zzzz's and sleep well and you'll effortlessly get your hunger and cravings. in check. Honestly.

I love to exercise in the morning, but I also understand the importance of sleep - so I dug into my own lousy sleep schedule. I discovered if you're in a situation in which you have to choose between getting a little sleep or getting a workout in, it's better to opt for some sleep.

But it's also not worth stressing if you can't get a full seven hours every night. Ideally, aim for at least two good nights of sleep when life is busy - seven to eight hours each week, in other words.

Step 5 Retrain

Studies hint that if you select the right type of exercise - and stick with it - you can actually normalise your hunger levels and your cravings.

Exercise is much more than a calorie burner. It also influences hormones, neurotransmitters, and other bodily chemicals. In doing so, it impacts hunger and appetite.

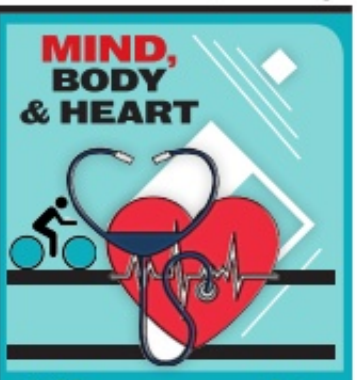
Different types of exercise affect our hunger cues differently, so include cardio activity in your weekly routine.

It reins in hunger hormones and increases serotonin to help you fight cravings. Thirty minutes of cardio, two or three times a week, is a good start.

Consider strength training, perhaps twice a week, and work your entire body each time.

Yoga at least twice a week is excellent too.

—Daily Mirror



All you need to know about...

Pelvic pain

What is it?
The pelvis is quite a big place, anatomically speaking, holding many organs like the ovaries, bladder and prostate, all of which can be sources of pain in the lower abdomen. It may be sudden and severe (acute pelvic pain) or last for months (chronic pelvic pain).

What are the symptoms?
There are several types of pelvic pain: a sharp, stabbing or burning one that happens suddenly; a dull or heavy ache, or feeling of pressure; knotted feeling with a cramping or throbbing pain; a pain which crescendos then dies away; or a pain that comes on with exercise, sex or peeing.

What are the causes
Most causes of pelvic pain aren't that serious, such as constipation or menstruation. Other common causes are irritable bowel syndrome, urinary tract infections (UTIs), and sexually transmitted infections (STIs). Pelvic pain is more common in women due to conditions affecting female reproductive organs, such as an ovarian cyst, endometriosis or fibroids.
A few conditions need emergency treatment, such as appendicitis, ectopic pregnancy and peritonitis. Pelvic pain in men can sometimes be caused by conditions affecting the prostate, such as prostatitis, and the testes like epididymitis.

What are the treatment
Each cause once confirmed must be treated by the appropriate specialist and sometimes urgently. Chronic pelvic pain must be investigated so your doctor will refer you to a specialist for tests. If you have severe acute pelvic pain and you're vomiting, go to A&E. For less urgent conditions your GP might suggest antibiotics, painkillers and physiotherapy such as exercises for the pelvic floor muscles and hormone treatments.

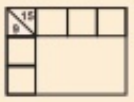
—Dr Miriam Stoppard, Daily Mirror

SOLVE IT IN A MINUTE

Four people of different ages randomly sit in a straight line of chairs. What is the probability (as a fraction) that they are sitting left to right in ascending order of age?

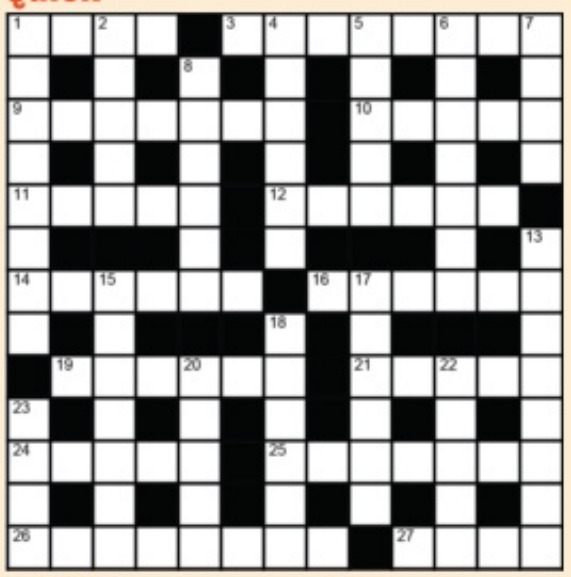
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.

Quick



ACROSS

1 Pieces of turf (4)
3 Collapsed and sunk (8)
9 Pasta squares (7)
10 Moves with a lame walk (5)
11 Distressed (5)
12 Street performer (6)
14 Restaurant (6)
16 Writer (6)
19 Cuisine which is a fusion of Kodava and Mangalorean (6)
21 Renowned percussionist Trilok ____ (5)
24 Moved stealthily (5)
25 Egg producing organs (7)
26 Rebate (8)
27 Exploited or availed of (4)

DOWN

1 Began to grow? (8)
2 Plunges into water head first (5)
4 With hands on hips (6)
5 Jam-session features (5)
6 Central African river (7)
7 Allergy irritant (4)
8 Factory siren (6)
13 Fended off, rebuffed or repelled (8)
15 Makes journeys (7)
17 French brandy (6)
18 Abut or border on (6)
20 Tri ___ glycerine : that's dynamite? (5)
22 What trains move on (5)
23 Made cooler (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: I EQUALS S

AYXJIRYX HURY YXPJACUVIL-CBI, VUA HURY BUIIXIICUVI.

Linemaro

When I saw you, the room became beautiful. Are you an interior decorator?

Mindchow

Forgiveness means giving up all hopes of a better past

Joke of the day

The pen is stronger than the sword, according to the proverb. But if you meet an angry Samurai, you'd better write one hell of a convincing letter

Loop

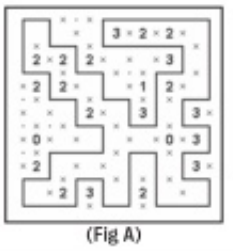
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

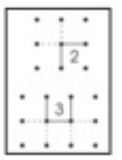
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

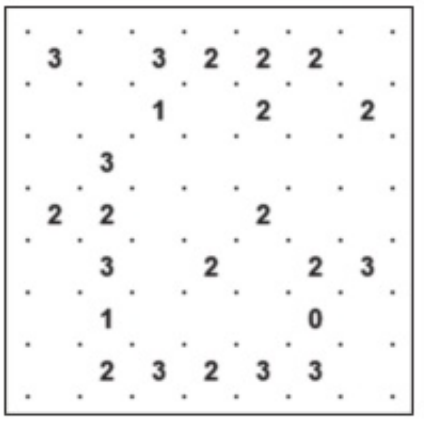
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



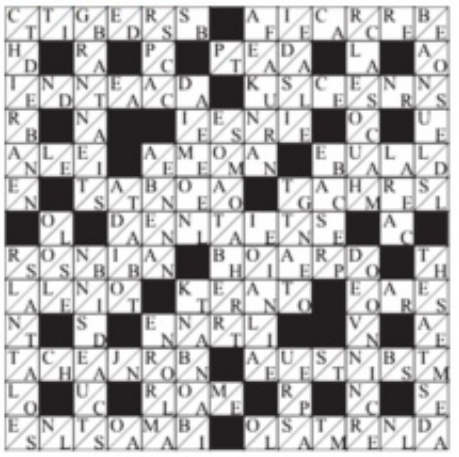
(Fig A)



(Fig B) Not Allowed



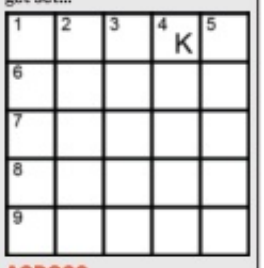
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

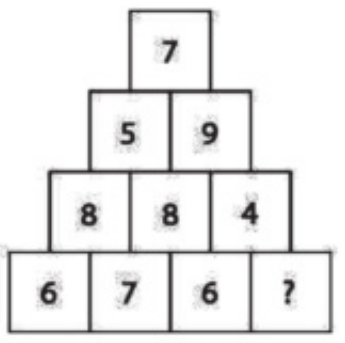
1 Be ROK; 6 Girth;
7 Loyal; 8 I mule;
9 Armed

DOWN

1 Rabid; 2 Iller;
3 Or leg; 4 Hokum;
5 My tea

Mensapuzzle

What number should replace the question mark?



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 6 Outstanding

SudokuChallenge

	8	2				6	7	
1				6				4
7	5						9	1
9			5		6			3
		7				8		
3			2		1			9
2	6						3	8
8				4				7
	7	3				4	1	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

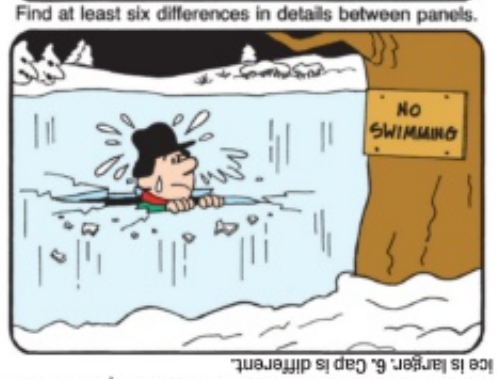
Easy = 18
1 2 7 8

Medium = 6
1 7 7 9

Hard = 25
4 8 9 6

Hocusfocus

Find at least six differences in details between panels.



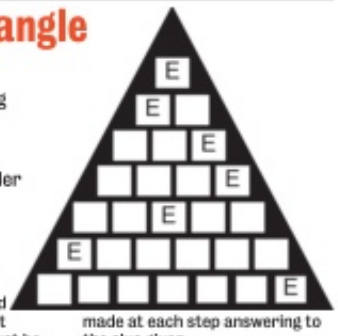
Differences: 1. Sign is smaller. 2. Hand is moved. 3. Tree is moved. 4. Snow around bottom of tree is deeper. 5. Hole in ice is larger. 6. Cap is different.

Riddler

A woman shoots her husband. Then she holds him under water for 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?

Alpha triangle

1 Second vowel
2 Spanish article
3 Publican's serving
4 Thread through
5 Lucid
6 Cream puff
7 Inexplicable wonder



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

YOU GO AHEAD AND GIVE A SIGNAL IF THE ENEMY IS COMING
WHAT KIND OF SIGNAL ?
YOU'LL THINK OF SOMETHING
AH-H-HH-H...
THEY'RE COMING!
12-26

Bizarrotrip

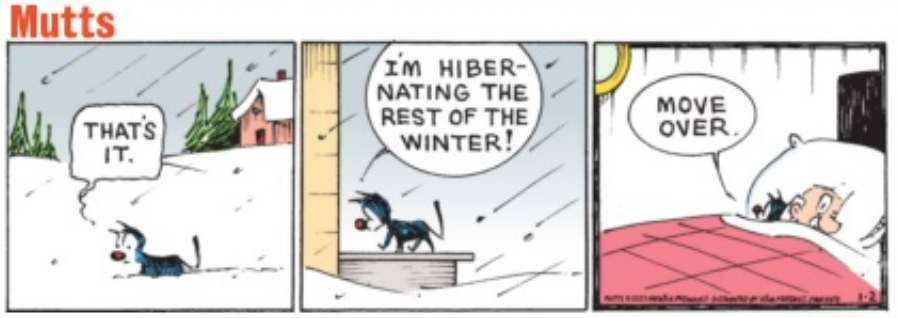
Diamond Lil

Hart of the city

THIS IS A COSMIC SIGN! I NEED TO AUDITION TO BE THE SCHOOL MASCOT!
AUDITIONS
BUT YOU'RE NOT VERY ATHLETIC...
I DON'T NEED TO BE! I'M NOT PLAYING BASKETBALL. I'M PROMOTING BASKETBALL!

Crankshaft

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today your moon is not positive, you may have health issues. You may face losses in the business or in past investment. It is advised not to invest into business. Your gains will convert into losses. You are advised to stop making investments in worthless objects. You should avoid getting involved in controversies, otherwise it will pull you down negatively.

Taurus Apr 21 – May 20
Today is good for your work, you may be able to perform well in terms of work. Your boss is likely to give you some new responsibility in terms of promotions. Disputes with the partner may be settled down. You may lend money for making your assets. Your kids' health may be better now. You are likely to make some investments for kids' futures.

Gemini May 21 – Jun 21
Today you may be blessed by the moon. Love would be in the air in terms of personal life. Singles may find suitable matches. You may do better in terms of professional life. Your friends and subordinate staff may support you. Investments in gems and jewellery are likely to give positive gains in the near future. Should be careful for the elders' health.

Cancer Jun 22 – July 23
You may be happy due to the blessing from an auspicious planetary combination. You may have some sort of energy which may create your prestige among people around you. You may spend your time studying intellectual stuff.

Leo Jul 24 – Aug 23
Today at the start of the day may be dull. After late evening, you may control negativity. New people may connect you in the work front. With the help of new people, you may try to revamp your business plans. It is advised to read documents before putting your signature.

Virgo Aug 24 – Sep 23
Today with the help of blessings, you may control your indecisiveness. Kids' health is better now. Your colleagues may be supportive in your work, which will convert into success in terms of project. You may expect to get some incentives with the salary. Natives related to dairy, water projects, grains, homemaking, art and culture may do good.

Libra Sep 24 – Oct 22
Today you may plan to migrate from your current place to another place. It is advised to think twice before taking decisions regarding migration or change of place. You may also plan to change jobs. There will be peace in the mind. But your kids' health might make you upset. Love birds shall keep patience before taking an important decision in terms of marriage.

Scorpio Oct 23 – Nov 22
Today you may have good patience. Meditation may help you to increase concentration, which may help to speed up your project. Your subordinates may cooperate with you, it may help you to complete the project before the timeline. You are likely to go on short travels related to work. An influential person may help you to boost your network.

Sagittarius Nov 23 – Dec 22
Today you may be busy with family get together and social events; you may become polite with the people around you, which may increase your prestige among them. You may spend money in buying some artifacts or household stuff, which may improve your social status. You are likely to hear some good news from one of your relatives.

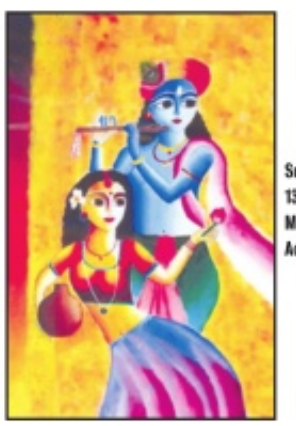
Capricorn Dec 23 – Jan 20
Today you will be busy with family get together; you may re-establish your network, which will give you benefits in near future. Natives related to glamour, art, fashions, films, and media may plan to do something new in terms of their profession. Students may perform better today in terms of study. Love birds may enjoy their happy moments.

Aquarius Jan 21 – Feb 19
Today you may be busy on the work front, which may make you mentally tired and affect your day today routine. You may be able to create some overseas networks. You should be careful in terms of investments. Natives in the job may get a promotion.

Pisces Feb 20 – Mar 20
Today's situation is under control now. Your destiny is likely to be with you in terms of gains in the past investments. You may get some rewards for your hard work. Projects which were stopped without a reason are likely to be reinitiated. You may expect peaceful religious travel. You may also plan to donate some amount to any religious place or to some charity.

KIDZONE

Dhruva R, 7 years, Little Angles English School



Srestha Roy, 13 years, Mitra Academy

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
ABCD BACD, CABD DABC
ABC BADC, CADB DACB
ACBD BCAD, CBAD DBAC
ACDB BCDA CBDA DBCA
ADBC BDAC CDAB DCAB
DCBA
1/24 = .0416

RIDDLER
The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.

FAST FIVE

B	R	O	K	E
R	I	G	H	T
A	L	L	O	Y
I	L	L	U	M
D	E	R	M	A

BULL'S EYE
glory, gloss, gossy, (GROSSLY, loss, slog

STRIKE OUT

T	I	G	E	R	S		F	I	A	C	R	E		

QUICK

MENSA PUZZLE
Tt each pyramid of three numbers totals 21.

QUOTE UNCODE
Treasure your relationships, not your possessions.

SUDOKU

4	8	2	3	1	9	6	7	5
1	3	9	7	6	5	2	8	4
7	5	6	4	2	8	3	9	1
9	2	8	5	7	6	1	4	3
6	1	7	9	3	4	8	5	2
3	4	5	2	8	1	7	6	9
2	6	4	1	5	7	9	3	8
8	9	1	6	4	3	5	2	7
5	7	3	8	9	2	4	1	6

ALPHA TRIANGLE
E, EI, Ale, Lace, Clear, Elixir, Miracle.

GO FIGURE
Easy
7 + 2 + 8 + 1 = 18
Medium
7 + 7 – 9 + 1 = 6
Hard
6 x 4 + 9 – 8 = 25

LOOP

KAKURO

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 # Women Talking
Though no women were nominated for best director this year, Sarah Polley won best adapted screenplay for the metaphor-rich drama Women Talking

2 wins and so much style

Check out how India shone at the Academy Awards

Deepika Padukone, Ram Charan and Jr NTR made major style statements with their outfits at the 95th Academy Awards, where Indian titles "RRR" and "The Elephant Whisperers" created history with their Oscar wins.

The Indian contingent went into the Oscars with three nominations -- "RRR" track "Naatu Naatu" for Original Song, "All That Breathes" for Documentary Feature and "The Elephant Whisperers" for Documentary Short.

"Naatu Naatu" and "The Elephant Whisperers" went on to win their respective trophies, though "All That Breathes" lost out on the documentary award to "Navalny".

At the red carpet, Padukone wowed in a custom Louis Vuitton black gown and a statement Cartier neckpiece, channelling Hollywood icon Audrey Hepburn for her maiden appearance at the Oscars. The Indian star tied her hair in a neat loose bun.

Charan -- whose "RRR" character Alluri Sitarama Raju was described as a soldier in the British Indian Army -- wore a bandhgala by designer duo Shantanu-Nikhil. The outfit featured a customised Chakra button, medallion-inspired brooches, layered over the classic feminine drape kurta.

His co-star Jr NTR wore a custom black velvet bandhgala by designer Gaurav Gupta. His outfit was adorned by an antique Tiger embroidery, celebrating the majestic beast with whom his character Komaram Bheem has a face off in "RRR". Music composer MM Keeravaani wore a bottle green kurta while lyricist Chandrabose donned a tuxedo.

Kartiki Gonsalves and Guneet Monga -- "The Elephant Whisperers" director and producer duo -- brought Indian colours to the red carpet. Monga opted for a bright traditional Benarasi saree in deep pink and Gonsalves chose a embroidered floor-length dress by Rahul Mishra.

Best actor, actress

Brendan Fraser won the best actor Oscar for "The Whale," a transformative role in which he revived a career that was once so bright. The metaphysical multiverse comedy "Everything Everywhere All at Once" wrapped its fingers around Hollywood's top prize, winning best picture at the 95th Academy Awards, along with awards for Michelle Yeoh, Ke Huy Quan and Jamie Lee Curtis.

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